

# Worry

Worry never gives you any help... on the contrary it exhausts you. This worry is a myth (790720); God Himself is worried about you... He has sent everybody to help you... so you don't have to worry about your money and all other things... they will be looked after... you all are being looked after... you know that (800517.1)

If you are attached, you just get worries and problems... your life becomes miserable... but if you are detached, then everything works out very well. But when you are thinking... we have to do this... we have to do that... we have to achieve this... and you start worrying... then two things can happen. One is that you will get confused... you will not achieve any results... and you will go on thinking... thinking... thinking. The second thing that will happen... that you will exhaust yourself completely. But if you are detached... then as Sahaja Yogis, you will be amazed how things work out. After Self Realisation... you should... detach yourself by getting into thoughtless awareness... just detach (950625)

You should have faith in God... that he's Almighty... he does everything... he looks after everything... why should we worry - this is a very good way of life... is not to worry. You have gone beyond now... beyond time... beyond the three gunas... beyond thought... so whatever you have been doing, through your thought waves, and your mind... you stop it. So one should be prepared to surrender completely... absolutely... to the Will of God (950625); You should not worry about anything whatsoever... any worry comes in... 'you shut up'... just say 'no'... don't worry (950625)

- Jai Shri Mataji -

## Tape References

### Date/Ref - Title - Qual - mins

790720 Cardiff Public Program good 30

800517.1 Old Arlesford, Winchester, pt 1 (Preparation for Becoming) good 50

950625 Richmond Park talk, Richmond Not good 45